

# THE DEADLY THIRST!

SMO speaks about  
the dangers of  
dehydration p. 4



# STAR

The Magazine of  
USS Dwight D. Eisenhower (CVN 69)

VOL. III ISSUE 39

Friday, Oct. 10, 2003

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**CSB/REDUX**  
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## BEWARE OF FAKE MY PAY

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# Citizen of the year

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## New Chief of Navy Chaplains, Continued

By LT Ronald P. Stake

Last month I began an introduction of the recently installed 23rd Chief of Navy Chaplains, RADM Louis V. Iasiello, CHC, USN. I ended that first piece noting that Chaplain Iasiello had highlighted three things in his introductory letter to the Chaplain Corps. These three things are: **Pastoral Presence**, **Institutional Transition**, and **Institutional Care and Communication**.

**Pastoral Presence** is simply what it says. The one occupying the pastoral office must be present to the people of God. Hence the chaplain is with Sailors, among them and for them. It is not sufficient to be available in an office or chapel setting. Rather, the chaplain and the whole Religious Ministry staff is visible to every aspect of ship's life, participating in the lives, struggles, and successes of service members and their families. In the Navy this has been called "deck plate ministry."

**Institutional Transition** relates to the changes underway in the Department of Defense, the Department of the Navy, and (since the events of September 11, 2001) the Department of Homeland Security. Chaplains and Religious Program Specialists serving with the Navy, the Marine Corps, the Coast Guard, and (more often now) Joint Staffs, need to be onboard the significant institutional transformations taking place in the entire structure of the Armed Forces. Right now, these do relate directly to the war on terror. However, there have been ongoing efforts to bring to the military the technologies and discoveries available at the beginning of the 21st Century.

**Institutional Care** and communication is about transforming the whole structure with the special knowledge and skills of the Chaplain Corps and using the means of modern communications to infect the institutions with the moral, religious, and spiritual perspectives inherent in the ministry of chaplains. Here the Religious Ministry Teams of chaplains and Religious Program Specialists must take the lead—pushing into and within their commands the full voice of their professional expertise and spiritual insights. ★

## IKE CHAPEL SCHEDULE:

Roman Catholic Mass—Sundays at 1500

Confessions heard before Mass

Protestant Worship Service—Sundays at 1600

Weekday Catholic Mass—Monday-Friday at noon

All services aboard ship in Classroom 2 (02-88-8-Q)

## Second opportunity to elect CSB and REDUX retired pay system

By NC1(SW) Andrea Newborg

New legislation has provided a limited second opportunity to receive the Career Status Bonus (CSB) in installment payments to eligible servicemembers. By law, only those personnel not originally offered the installment payment option in their CSB GENADMIN notification messages are eligible. This window of opportunity expires 30 days after release of this NAVADMIN.

Eligibility is based upon meeting all of the following criteria.

- Currently serving on active duty.
- Date of initial entry into military/uniformed service (DIEMS) is on or after August 1, 1986.
- Completed 15 years of active duty.
- Eligible to continue on active duty until completion of 20 years of active duty service IAW NAVADMIN 344/02.
- CSB election effective date falls on or after December 28, 2001 and no CSB payments received prior to December 28, 2001.
- Eligible to elect the REDUX retired pay program and CSB between December 28, 2001 and April 14, 2003.
- Active duty start date (ADSD) is before April 15, 1988.

Eligible members have the choice of electing the CSB in one of the following installments programs only:

- Two annual installments of \$15,000 each.
- Three annual installments of \$10,000 each.
- Four annual installments of \$7,500 each.
- Five annual installments of \$6,000 each.

CSB/REDUX may not be the most advantageous retirement system in most situations. Members are urged to learn as much as possible about all available retirement options and to consult command financial advisors and command career counselors prior to making a decision. Upon electing CSB/REDUX, members are obligated to remain on active duty until their twentieth anniversary.

No action is required if a member elected CSB/REDUX and desires to keep the lump sum payment or if a member elected the high-3 retired pay program and wishes to remain. CSB/REDUX elections may not be canceled after the fifteenth anniversary of active duty.

Answers to frequently asked questions are also available at [www.persnet.navy.mil/ppac/csb.html](http://www.persnet.navy.mil/ppac/csb.html). All completed documents must be submitted to PERS-333 within 30 days of the release of this NAVADMIN. ★



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## ABOUT THE COVER:

**MS3 Adrienne Collins multi-tasks in the housing office in much the same way she multi-tasks in the community. Collins, along with HM2(AW/SW) Melissa Ramsey, was nominated for Military Citizen of the Year recently for outstanding volunteer work. Photo by JO1(SW) Mike Kramer.**

Visit us on the web @ [www02.clf.navy.mil/eisenhower](http://www02.clf.navy.mil/eisenhower)

Proudly serving the crew of the *USS Dwight D. Eisenhower (CVN 69)*. The *Five Star* is grateful to the Print Shop and Photo Lab for their support. The *Five Star* is published by the *USS Dwight D. Eisenhower (CVN 69)* Public Affairs Office for the IKE crew. Contents are not necessarily the views of, nor endorsed by, the U.S. government, the Department of Defense, the Department of the Navy, or the Commanding Officer of *USS Dwight D. Eisenhower (CVN 69)*.

# VOTE

## Sailors have opportunity to shape our nation

By JO1(SW) Mike Kramer  
and JO3 Paul Simonds

With the Democratic Primary Presidential election looming, it's time once again for service members to begin the absentee voter registration process.

For many in the Navy, voting can be a dreadful process, seeing that most Sailors currently reside outside the district for which they are registered. Thankfully, the government has a system in place, which ensures each and every vote, regardless of where the member is stationed, is heard.

"It is every Sailor's civic duty and right (assuming they are of voting age) to vote," said LTJG Harold Jones, *USS Dwight D. Eisenhower's* (CVN 69) Voting Officer. "This is one of the privileges that we have as Americans, and that privilege is no less as a military member. Remember 'taxation without representation?' The American Revolution? The founding of this country? Women's suffrage? Americans have fought and sacrificed their lives for hundreds of years for, among other reasons,

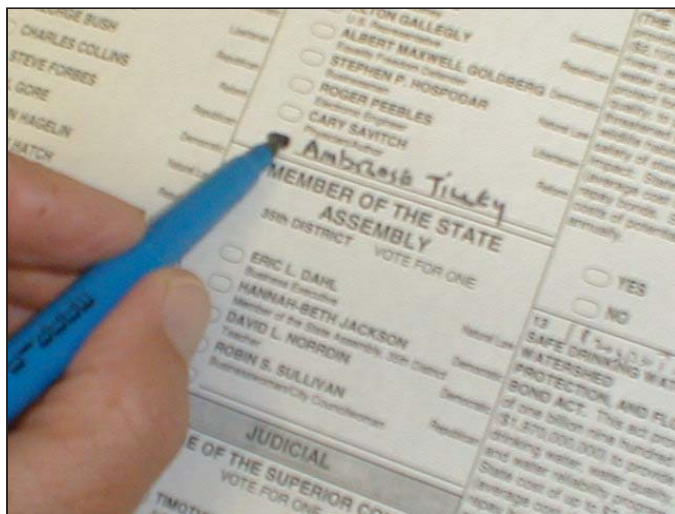
the privilege to vote. That is one of the hallmarks of America as a free country.

"This is one of the fundamental freedoms that each of us is protecting as members of the United States military. We need therefore to exercise this right that we, and others before us, have fought so hard to secure and guarantee for our way of life.

"In addition, when you fail to vote, you give up that ability to make decisions that are in your best interest, and give it to others who have elected to vote - and they may vote in ways or for representatives with whom you do not agree.

Therefore, when you fail to vote, you do a disservice to yourself and your country," said Jones.

Absentee voting provides a means for qualified voters to participate in upcoming elections even though they may not be able to go to the polls on Election Day. Absentee voting in person is set to begin approximately 45 days be-



www.sb-democracy.com

themselves of voting information and registration: [www.persnet.navy.mil/nvap](http://www.persnet.navy.mil/nvap)."

Those Sailors who have voted absentee in the past are still required to fill out an absentee ballot application. The one exception to the rule is that a service member may file a single Federal Post Card Application at any time after the November general election to receive ballots for all elections he is eligible to vote throughout the following calendar year. With the 30-45 day window required for voting by absentee ballots, the importance of voting in a timely matter is readily apparent.

"As most of us are not living in our homes of record, we vote by absentee ballot,

so we have to vote early to make sure that our votes reach the Secretary of State for our home state in time to be counted," said Jones. "Never think that your vote doesn't count! Remember the recent presidential election? As military votes tend to be heavily republican, the democratic nominee (Vice-President Gore) contested military absentee votes in Florida courts because the Democrats were afraid that the military votes would determine the outcome of the presidential election in favor of the Republican nominee (President Bush)!"

Regardless of political views, exercising the right to vote is an opportunity each Sailor can and should embrace. ★



Photo courtesy of www.indystar.com

**"It's every Sailor's civic duty and right to vote."**

**LTJG Harold Jones  
IKE Voting Officer**

fore a November General Election, and approximately 30 days before all other elections. For service members though, it can be just as difficult to cast an absentee ballot, as it is to vote in person on Election Day. With that in mind, *USS Dwight D. Eisenhower* provides assistance with registration and absentee voting.

"IKE has voter registration forms for Sailors to register to vote in their home of record and can provide those," said Jones. "In addition, we receive information on upcoming elections and primaries so that Sailors who are separated from their home of record can more easily track voting events in their state. There is also a Navy Web site that Sailors can use to inform

## SMO's Corner: Dehydration:

So have you been beat up about hydrating enough yet? Heat stress on the ship is due to dehydration, right? Gotta wear those funky back-mounted canteens to make you feel like a dromedarian ruminant, eh?

Well, summer's wound down and given way to autumn. The temperature is falling and so is the humidity, and heat stress is not as realistic a threat. So hydrating isn't such an issue anymore, right? **WRONG!**

Staying well-hydrated accomplishes a great deal more than keeping you cool and healthy in the summer. Since your body is composed **MOSTLY OF WATER**, you need it to stay alive and stay healthy. Biochemistry is a word that deals with any kind of chemical reaction that supports something biological. There are hundreds, probably thousands of different kinds of biochemical reac-



**Dehydration can kill you.**

U.S. Navy Photo

tions in your body that make everything from digestion to thinking to sports to sleeping possible. All of those biochemical reactions **NEED WATER**.

Now here's something interesting. You might know that keeping well hydrated will help prevent heat injuries.

Serious conditions such as heat stress and heat stroke, as well as benign conditions such as muscle cramps, can all be prevented by adequate hydration.

But did you know that hypothermia and frostbite can be prevented by adequate hydration as well? Hypothermia is a life-threatening condition when your body loses heat. Being well-hydrated helps you retain heat. Remember those biochemical reactions? Staying well-hydrated helps the reactions that produce body heat, keeping you from getting cold too quickly in the winter months. And **ALCOHOL DOES JUST THE OPPOSITE**: alcohol, despite giving a "warm feeling" on the way down, will dehydrate you and promote hypothermia.

So don't think about drinking enough water only during the summer months. It's just as important during the other seasons of the year as well. Start thinking about that now as the temperatures continue to fall toward the winter months. Stay hydrated and enjoy a healthy life, all year long! ★



## IKE/INFORMATION

**Important stuff for IKE Warriors. . .**

### Shift to winter uniforms

The shift to the winter uniform of the day for all ships and stations within COMNAVREG MIDLANT AREA of responsibility will take effect 0001, Oct. 27, 2003.

### Catfish & bass tournament

Oct. 10 -13 On the James River, Williamsburg (Jamestown Campsite and Resort). Prizes awarded for: Largest catfish, largest bass (striper/largemouth/smallmouth) Largest total combined stringer weight, total of six fish. **PLEASE NOTE!!!!—LOWER UNITS AND PROPS ARE NOT IN SEASON THIS TIME!!!** Cost: \$20 per boat (two person teams) Points of contact are: LT Proctor 534-1954, MMC Hickey 534-1678, AT1 Couch 534-1530

**Continue to check the POD  
for more information**

### Montgomery GI Bill

The Montgomery GI Bill (MGIB) Program benefits increase means more money for college. Effective immediately, MGIB Program benefits will increase to \$35,460. That's \$985 per month for full time enrollment (pro-rated for less than full time) for 36 months. Active duty Sailors can also use MGIB to supplement any portion of tuition and fees not covered by tuition assistance. See your personnel office/PSD for details on "booster" enrollment eligibility. Requirements are outlined in NAVADMIN 103/01.

### Military records on CD

Navy Personnel Command now provides official military personnel files on compact disk. This CD replaces the microfiche records and permits Sailors to view and print their entire record from any PC with Microsoft Internet Explorer 5.5 or higher. In addition to service record documents, the CD includes tools and information to help Sailors update and correct their records, as well as links to important web sites. There is no change to policy or procedures for ordering records. Commands will continue to request records per MILPERSMAN 1070-150.



# Five Star Volunteers

## Two IKE Sailors Nominated for Military Citizen of the Year Award

### By JOSN Michael Perez

For MS3 Adrienne Collins and HM2 (AW/SW) Melissa Ramsey, volunteering isn't a way to get recognition, it is something they do to make others happy.

Even though they haven't asked to receive recognition, the *USS Dwight D. Eisenhower* (CVN 69) doesn't think their good actions should go unnoticed. Last Thursday CAPT Charles Smith, IKE's commanding officer, made an announcement over the ship's 1MC that Collins, of Housing department, and Ramsey, of Medical Department, were both nominated for the Samuel T. Northern Military Citizen of the Year Award.

Both Collins and Ramsey are invited to attend a luncheon today with nine other nominees for the award. This annual award, sponsored by the Hampton Roads Chamber of Commerce, will be given to one of the 11 nominees at the luncheon for their volunteer efforts throughout the Hampton Roads area.

Collins and Ramsey were asked several months ago to submit a list of all of the volun-

teer activities they are involved in. While they both have a list of different activities they volunteer with, they both share a common bond in their history with cub scouting and girl scouting. Scouting isn't the only things these two Sailors are involved in though.

"I've never been nominated for anything before," said Collins. "I put in a lot of volunteer work though."

Collins volunteered previously in New York as an assistant Cub Scout leader and an assistant Girl Scout leader. She was a Girl Scout herself from the age of five until she was 18 where she became an assistant Girl Scout leader. Also while living in New York she was part of the Parent-Teacher Association (PTA), where she spent two year and eventually became Vice President.

Volunteering for Collins didn't stop there. She has recently volunteered for a program called "Eye Q," in which she taught children with special needs how to improve their reading skills. She also volunteers at a local YMCA for six hours a week, where she teaches children how to play tennis. Additionally, Collins is a member of Mothers and Grandmothers Saving our Children, which is an organization of women dedicated to providing alternative activities for at-risk inner city youth. This program includes after school and weekend activities and outings for children ages eight to fifteen.

Collins also puts together artworks that she donates to various groups. This weekend, she plans to weave a basket for an orphanage.

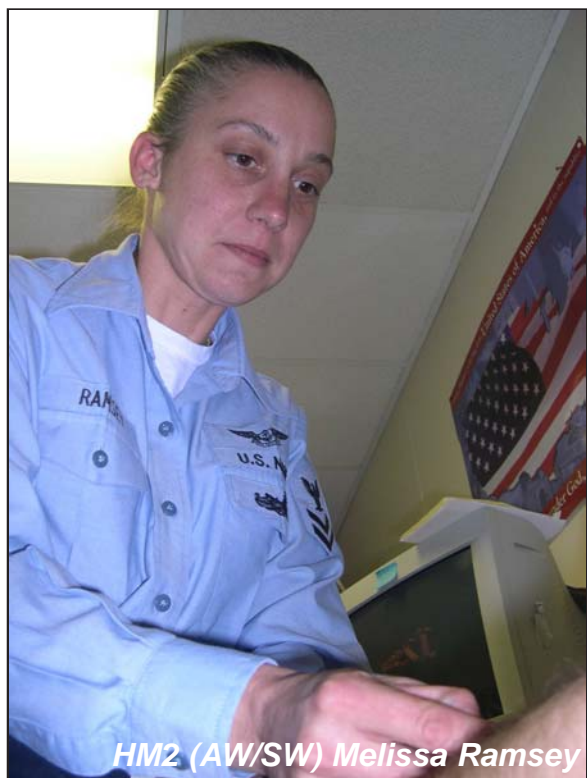
"I think my life purpose is to volunteer my time to people less fortunate than myself," said Collins.

Ramsey also loves to share her time to help other people. At her previous duty station in Beaufort, SC, she volunteered here time to the Parris Island Soccer League and the Cub Scouts. Those activities didn't stop when she reported aboard the IKE.



**MS3 Adrienne Collins**

Photo by JO1(SW) Mike Kramer



**HM2 (AW/SW) Melissa Ramsey**

Photo by J0SN Michael Perez

Ramsey currently volunteers for the American Youth Soccer Organization (AYSO), Cub Scout Pack 13 for the Heritage District, and for the Kraft Elementary PTA.

As a member of AYSO she has volunteered as a board member for the last 2 years, where she helps schedule games and practices, decides what fields to play at, make sure the coaches are properly trained, and make sure that the children all get equal play time.

As well as being a Cub Scout den leader for one of her son's dens, she also serves on the budget committee for the pack. While participating with the Cub Scouts she has taught the scouts archery and BB gun marksmanship. She has also gone TAD for one week to a day camp to teach archery and spent a week at a resident camp, where she was the on-hand for medical needs.

Ramsey has also volunteered in various activities around the area, such as the Chesapeake Bay Foundation, which cleans and landscapes the area around the bay. Ramsey says she normally volunteers every night of the week except one.

**See Military, Page 7**

# What's Going On?

## FRIDAY

### MATCHBOX TWENTY

\$37.50 - \$40.50

7:30 p.m.

Ted Constant Convocation Center  
4320 Hampton Boulevard, Norfolk  
More Info: 683-4444

### IRS E-FILE SEMINARS

Fridays, 9 a.m. - 4 p.m.

Virginia Beach Central  
Library Auditorium

4100 Virginia Beach Boulevard

More Info: Albert Walker 804-916-3897

### OBX SURF SPORT COMPETITION AND BENEFIT

9 a.m. - 6 p.m.

Nags Head, N.C.

More Info: Johanna Stein 252-441-1719

## SATURDAY

### FESTIVAL OF PRIDE

#### NAVY DAYS UNITY CONCERT

Noon Saturday and Sunday

24th Street Stage

24th Street and Atlantic Avenue

Virginia Beach

More Info: Reverend Frances F. Pride  
723-8649

### AMERICA'S WALK FOR DIABETES

Check-in 9 a.m.

Start 10 a.m.

Norfolk Botanical Gardens

Azalea Gardens, Norfolk

More Info: Deanie Eldridge 455-6335

## SUNDAY

### 2003 COLONIAL TAE KWON DO FESTIVAL

10 a.m. - 6 p.m.

William and Mary Hall

Campus Drive, Williamsburg

More Info: Joseph Ash 229-2237

### PORTSMOUTH POWER IN THE PARK

Noon to 6 p.m.

Portsmouth City Park

More Info: Terry Browning 496-9088

The Virginia Boat Racing Association will hold its Virginia State Championship in the waters off City Park, which draws spectators and racers from throughout the United States and Canada. Five world records have been set at this annual hydroplane racing event, which has been held in Portsmouth for the last three years. Also includes a boat show.



**Call MWR @  
534-1609 with any  
questions**

|                                  |         |         |
|----------------------------------|---------|---------|
| AMC MOVIE TICKETS                | \$3.00  | \$5.00  |
| REGAL MOVIE TICKETS              |         |         |
| SUPER SAVER                      | \$3.00  | \$5.00  |
| PREMIUM SAVER                    | \$5.00  | \$6.50  |
| BUSCH GARDENS SEASON PASS        |         |         |
| (GOLD)                           | \$90.00 | \$99.00 |
| (SILVER)                         | \$67.00 | \$69.00 |
| BUSCH GARDENS DAY TICKET         | \$24.00 | \$28.00 |
| WATER COUNTRY USA - ADULT TICKET | \$21.00 | \$27.00 |
| WATER COUNTRY USA - CHILDRENS    | \$17.00 | \$21.00 |
| KINGS DOMINION DAY PASS          | \$17.00 | \$20.00 |
| ENTERTAINMENT BOOKS 2003         | \$20.00 | \$25.00 |
| 2000 MILLENNIUM CRUISE BOOK      | \$30.00 | \$42.00 |
| FREEDOM PATCH                    | \$2.00  |         |

## IKE 25<sup>TH</sup> MEMORABILIA

|                                 |             |             |
|---------------------------------|-------------|-------------|
| IKE 25 <sup>TH</sup> BALLCARDS  | \$0.50 EACH | 3 @ \$1.00  |
|                                 | 10 @ \$3.00 | 20 @ \$5.00 |
| IKE 25 <sup>TH</sup> 8x10 PHOTO | 1 @ \$3.00  | 2 @ \$5.00  |
|                                 | 5 @ \$10.00 |             |
| IKE 25 <sup>TH</sup> COIN       |             | \$5.00      |
| IKE 25 <sup>TH</sup> T-SHIRT    |             | \$10.00     |
| IKE 25 <sup>TH</sup> POLO SHIRT |             | \$15.00     |
| IKE LONG SLEEVE SHIRT           |             | \$15.00     |



## • Military Citizen of the Year

"I volunteer because I enjoy it," said Ramsey. "I feel good about what I do, but I didn't volunteer to get recognized."

While both Collins and Ramsey didn't do the work to get recognized, they do agree that they do the work to see the look on the other people's faces when they help them. Collins and Ramsey would like

to see each other receive the award, but they definitely would like to see the award come to the ship one way or another. No matter what the outcome is, they will continue to volunteer in their community to have the personal satisfaction knowing that they've helped someone less fortunate than themselves. ★

**October 10 — 1000 - 1400**  
**Gosnold's Hope Park, Hampton Va.**

# Command Picnic

**Free to IKE crewmembers, families and guest**

### FOOD

BBQ pork  
Fried Chicken  
Quarter-pound hamburgers  
All beef hot dogs  
Potato Salad  
Cole Slaw  
Baked Beans  
Rolls

**Climb to new heights on the  
23-foot Rock Wall from  
Regional MWR Outdoor  
adventure center.**

**Get your teams together for  
departmental/divisional  
sports.**

### GAMES

Large Slide  
Mechanical Bull  
Moonwalk  
Mini-golf  
Game booth w/ prizes  
Foosball  
Bouncy boxing  
Face Painters  
Balloon artists

**Sand Volleyball (6-man; limit 3/dept.)**  
**Flag Football (7 man; 2/dept.)**

**Tug-o-war (12 man; 2/dept.)**  
**Horseshoes (2 man; 4 dept.)**

## Gordon comments on re-nomination for SECNAV

**WASHINGTON (NNS)** — Secretary of the Navy Gordon R. England released the following message:

"When I left our department in January, I said that I would "marvel at your achievements" and "gain strength from your example." Over the last seven months, in Iraq and around the world, you have fought the enemies of freedom and prevailed. Your courage and hardened resolve is the shield Americans rely on for their security and way of life.

The success of the Navy Marine Corps team results from that daily dedication to America. It also results from the strong leadership of servants like President Bush, Secretary Rumsfeld and Hansford T. Johnson. H.T. guided our department through a significant battle in our global war on terrorism and through our continuing transformation. He and Linda deserve our deepest gratitude. With leaders like Adm. Clark, Gen. Hagee, MCPON Scott and Sgt. Maj. Estrada, our team is indeed blessed.

Dotty and I are pleased, proud and delighted to return to the Navy

Marine Corps team. The success of our naval family is due to the quality of your work and depth of your devotion. We pledge our equal dedication to you and to your families.

In my confirmation hearing, I committed to strengthening our combat capability, improving your quality of service, recapitalizing our forces and improving business practices. Naval power 21 will continue to guide our transformation as we project persistent power, around the world and around the clock.

Working together, we will prevail in this global war on terror. Semper fi and sail proud." ★



# HITTING THE DECK

By J01(SW) Mike Kramer

## Q: Who's going to win the World Series?

LT Julie Graham, Weapons – “I’m rooting for the Cubs. They’re a Midwestern team and I’m originally from Indiana, so they’re as close to a local team as I have in the post-season. This is the year they’re going to break the jinx!”



AZ1(AW) Cleopatra Starks, AIMD – “I don’t know much about baseball, but I’ve caught a few of the disk jockeys on the radio picking the Chicago Cubs. Also, I hear the Cubs are sort of a sentimental favorite for a lot of people, because they’ve gone so long without winning the World Series.

SM3 Julio Rivera, Navigation – “I’ll go with the New York Yankees. I grew up across the street from Yankee Stadium and I’ve been a fan all my life. They’ve done me proud lately, getting to the post-season year after year. GO BOMBERS, GO!!!”



## WARNING: Avoid myPay fraud

ARLINGTON, Va. (NNS) — The two million military and civilian users of myPay are being cautioned to use only the official myPay site at <https://mypay.dfas.mil> when seeking to access pay account information.

“Personal information is valuable and should be safeguarded,” said Claudia L. Bogard, director of Corporate Communications for the Defense Finance and Accounting Service. “Don’t provide your personal information to any Web site unless you know it can be trusted.”

Look-alike sites have recently frustrated myPay customers who have been confused by accidentally finding their way to a commercial site that is in no way affiliated with DFAS or the Department of Defense.

DFAS’ myPay is a secure, DFAS-operated Web site that lets active duty, National Guard and Reserve military members, civilian employees, and military retirees and annuitants take charge of their pay accounts online. The DFAS myPay Web site is found at <https://mypay.dfas.mil/>.



## NAVAL HISTORY WEEKLY



### THIS WEEK

1884 - The Department of the Navy establishes the Naval War College at Newport, R.I.

1940 - The fourth group of eight U.S. destroyers involved in the Destroyers for Bases Deal are turned over to British authorities in Halifax, Canada.

1958 - USS Seawolf (SSN 575) completes a record submerged run of 60 days, logging more than 13,700 nautical miles.

## DAPA

*What's the good word?*

### ALCOHOL ABUSE IS....

**THE USE OF ALCOHOL TO AN EXTENT THAT IT HAS AN ADVERSE EFFECT ON PERFORMANCE, CONDUCT, DISCIPLINE OR MISSION EFFECTIVENESS, AND/OR THE USER'S HEALTH, BEHAVIOR, FAMILY, COMMUNITY OR DEPARTMENT OF THE NAVY, OR LEADS TO UNACCEPTABLE BEHAVIOR AS EVIDENCE BY ONE OR MORE ACTS OF ALCOHOL-RELATED MISCONDUCT.**

